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Wyandotte County Needs Assessment: Physical Activity and Medical Services

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Executive Summary

This report summarizes the details of a needs assessment that was conducted in Wyandotte County, Kansas in the summer of 2003. The overall purpose of the needs assessment was to identify physical activity sites and medical services that were available in Wyandotte County. To achieve the overall purpose, the project had three specific aims: (1) To identify sites that were offering an Arthritis Foundation sponsored physical activity program(s) for people with arthritis in Wyandotte County; (2) To identify existing physical activity sites that were hosting a physical activity program(s) for people with arthritis that was not sponsored by the Arthritis Foundation or may be a host site for future Arthritis Foundation sponsored physical activity programs in Wyandotte County, and (3) To identify medical services offered in Wyandotte County.

The data obtained in this needs assessment allowed for three main conclusions. First, no Arthritis Foundation physical activity programs were being offered in Wyandotte County at the time of assessment. Second, only a limited number of physical activity sites were operating in Wyandotte County and the majority of these sites were located in Kansas City, Kansas. Third, although 11 pay and sliding scale medical services were offered in Wyandotte County at the time of assessment, all of the services were concentrated in Kansas City, Kansas. Related to this point, only 6 rheumatologists were identified as practicing in Wyandotte County and all of these individuals were practicing at one location (i.e., University of Kansas Medical Center).

Three recommendations can be made based upon the data that were collected in this needs assessment:

- 1) Efforts must be concentrated on the implementation of Arthritis Foundation sponsored physical activity programs, such as the Arthritis Foundation/YMCA Aquatics Program (AFYAP) and People with Arthritis Can Exercise (PACE), at existing physical activity sites**

in Wyandotte County. Such efforts should include instructor trainings conducted in Wyandotte County with a particular emphasis on the advertisement of trainings to owners and/or managers of existing physical activity sites in Wyandotte County. The advertisements can contain standardized information, with the exception of the training date(s). The standardized information can provide a basic overview of the particular type of physical activity program that the training will cover, benefits to participants, site requirements, and, just as important, benefits to the host site (e.g., increase in memberships). In general, the information should market the particular type of Arthritis Foundation sponsored physical activity program in order to convince owners and/or managers that hosting the program would be beneficial.

- 2) Due to the overall low number of physical activity sites in Wyandotte County, efforts should be made to identify other sites that could potentially host an Arthritis Foundation physical activity program. Brainstorming on the identification of sites should occur at an Arthritis Steering Committee meeting and through contacts with organizations such as the Kansas Chapter of the Arthritis Foundation, Area Agency on Aging, and the Kansas State Research and Extension Wyandotte County office. Examples of sites may be churches, community centers and organizations (e.g., El Centro), senior centers, and physical/occupational therapy clinics. Particular attention should be made to identify sites that are located in various parts of Wyandotte County as opposed to one geographic locale, such as Kansas City. Once identified, distribution of the aforementioned standardized material should occur and the use of small grants (if available) to cover the costs associated with instructor-trainings should be provided.

- 3) Due to the low number of medical services, including rheumatologists, in Wyandotte County and the concentration of medical services in only one area of Wyandotte County (i.e., Kansas City), a targeted effort should occur in order to better serve all residents of Wyandotte County who suffer from arthritis. For example, regular communication between the Arthritis Program of the Kansas Department of Health and Environment and rheumatologists should occur in order to increase the rheumatologists' awareness that a large number of people with arthritis who live in Wyandotte County may not have access to the medical services needed to help them better manage their arthritis. Communication may lead to the awareness that a lack of access problem exists and eventually to the establishment of new medical services, including rheumatology practices, in various parts of Wyandotte County. Alternatively, increased awareness might lead to the provision of tangible aid, such as free transportation, by existing medical services in Wyandotte County. However, in the short-term, a focus should be on increasing awareness as a way to facilitate these longer-term potential outcomes.

Wyandotte County Arthritis Needs Assessment: Physical Activity and Medical Services

This report summarizes the details of a project that was conducted in Wyandotte County, Kansas in the summer of 2003. The overall purpose of the project was to conduct a needs assessment in Wyandotte County in order to identify physical activity sites and medical services that were available in Wyandotte County at the time of assessment. The results of the needs assessment may be beneficial to the Kansas Department of Health and Environment, their partners, and Kansans with arthritis. Specifically, information on the types of currently offered physical activity programs and medical services that Kansans with arthritis may have access to was obtained through the needs assessment. This information may then be helpful in informing residents of Wyandotte County of both physical activity sites and medical services that may be joined/used to help them better manage their arthritis. This information would also inform the Kansas Statewide Arthritis Steering Committee of particular locations in Wyandotte County that need to be targeted in future attempts to implement physical activity programs and medical services to better help residents of Wyandotte County manage their arthritis.

Specific Aims

To achieve the overall purpose of the needs assessment, the project had three specific aims:

- 1) To identify sites that were currently offering an Arthritis Foundation sponsored physical activity program(s) for people with arthritis in Wyandotte County.
- 2) To identify existing physical activity sites that were hosting a physical activity program(s) for people with arthritis that was not sponsored by the Arthritis Foundation or may be a host site for future Arthritis Foundation sponsored physical activity programs in Wyandotte County.
- 3) To identify medical services, including rheumatologists, offered in Wyandotte County.

Procedure

A number of methods were employed to achieve the three specific objectives of this project. For the first objective, the Western Missouri/Greater Kansas City Chapter of the Arthritis Foundation was contacted. At this time, a list of existing Arthritis Foundation sponsored physical activity programs in Wyandotte County, including the names of the organizations, addresses, and telephone contacts, was requested.

To achieve the second objective, two strategies were employed. First, manual searches of the World Wide Web were conducted. Second, manual searches of the yellow pages in the 2003 Feist Directory for Wyandotte County were conducted. The Web search was limited to Wyandotte County's government (i.e., Unified Government of Wyandotte County), area guide (i.e., www.wyandottecountyks.com), chamber of commerce, and the convention and visitors bureau, and a www.google.com search containing the following key terms: *health, health club, athletic club, fitness, fitness centers, physical activity, and exercise*. Manual searches of the yellow pages were also limited to these same key terms. Then, a trained research assistant telephoned all of the identified resources. At this time, the individual answering the telephone was asked if s/he had approximately three minutes to answer some questions about the type of physical activity programs that was hosted by the facility. If answered negatively, then another time and day for the telephone interview was decided upon. If answered affirmatively, then the research assistant asked the individual a number of questions about the types of physical activity programs that were currently being offered (see Appendix A for the interview guide).

To achieve the third objective, three strategies were employed. First, manual searches of the World Wide Web were conducted. Second, manual searches of the yellow pages of the Feist Directory for Wyandotte County were conducted. The Web search was limited to Wyandotte

County's government (i.e., Unified Government of Wyandotte County), area guide (i.e., www.wyandottecountyks.com), chamber of commerce, and the convention and visitors bureau, and a www.google.com search containing the following key terms: *disease management*, *medical clinics*, *medical centers*, and *health services*. Manual searches of the yellow pages were also limited to these same key terms. Then, a trained research assistant telephoned all of the identified resources and asked the individual answering the telephone whether the facility was a pay, mixed, or free facility. Third, the Western Missouri/Greater Kansas City Chapter of the Arthritis Foundation was contacted and asked to supply a list of rheumatologists serving Wyandotte County residents.

Results

1) Sites Offering Arthritis Foundation Sponsored Physical Activity Programs

No Arthritis Foundation sponsored physical activity programs, such as the Arthritis Foundation/YMCA Aquatics Program (AFYAP) and People with Arthritis Can Exercise (PACE), were being offered in Wyandotte County as of July 2003.

2) Other Physical Activity Sites in Wyandotte County

Six physical activity sites were identified in Wyandotte County (see Table 1). Of these six sites, two sites were offering aquatics programs for people with arthritis that were not sponsored by the Arthritis Foundation (i.e., AFYAP). One additional site was offering an aquatics program that did not target individuals with arthritis specifically but individuals with arthritis did participate in the program. For the aquatics programs, the number of weekly sessions that were offered at the sites varied from 3 to 10 sessions each week and each session was 60 minutes in length. Further, all of the aquatics programs were offered on an ongoing basis.

Table 1. Physical Activity Sites in Wyandotte County

Site	Physical Activity Program for People with Arthritis	Type of Program	Sponsored by the Arthritis Foundation	Number of Weekly Sessions	Session Length (min.)	Ongoing Program
1) Bonner Springs YMCA 410 B N. Bluegrass Drive, Bonner Springs, KS 66012 (913)422-9348	Yes	Aquatics	No	3	60	Yes
2) Kansas City Kansas Community College Wellness Center 7250 State Avenue, Kansas City, KS 66112 (913)288-7610	No but people with arthritis participate	Aquatics	No	6	60	Yes
3) Life Dynamics 9120 West 47 th Avenue, Kansas City, KS 66102 (913)676-2040	No	--	--	--	--	--
4) State Avenue YMCA 7340 State Avenue, Kansas City, KS 66112 (913)299-1242	No	--	--	--	--	--
5) Unified Government of Wyandotte County Parks and Recreation 5033 State Avenue, Kansas City, KS 66102 (913)573-8304	No	--	--	--	--	--
6) YMCA of KCK 900 North 8 th Street, Kansas City, KS 66101 (913)321-9622	Yes	Aquatics	No	10	60	Yes

3) Medical Services Offered in Wyandotte County

As seen in Table 2, 12 sites that offered medical services in Wyandotte County were identified. Of these 12 sites, 5 sites offered medical services on a sliding scale and the remaining 7 seven sites were pay-only. All of the sites were located in Kansas City, KS, which indicated that medical services in Wyandotte County are centralized in one geographic locale.

Table 2. Medical Services in Wyandotte County

Facility	Type of Facility
1) Duchesne Clinic 636 Tauromee Avenue, Kansas City, KS 66101 (913)321-2626	Mixed – sliding scale
2) Heartland Primary Care 8919 Parallel Parkway, Kansas City, KS 66112 (913)299-3700	Pay
3) JayDoc Free Clinic C/O Southwest Boulevard Family Healthcare 340 Southwest Boulevard, Kansas City, KS 66103 (913)722-3100`	Mixed – sliding scale
4) Northside Developers, Inc. 2211 North 13 th Street, Kansas City, KS 66104 (913)321-4000	Pay
5) Providence Medical Center 8929 Parallel Parkway, Kansas City, KS 66112 (913)281-8400	Pay
6) Silver City Health Center 3015 Strong Avenue, Kansas City, KS 66106 (913)831-1111	Mixed – sliding scale
7) Southwest Boulevard Family Health Care Services 340 Southwest Boulevard, Kansas City, KS 66103 (913)262-0741	Pay
8) Swope Health Wyandotte 1029 North 32 nd Street, Kansas City, KS 66102 (816)922-7600	Mixed – sliding scale
9) Turner Family Health Clinic 677 South 55 th Street, Kansas City, KS 66106 (913)287-8900	Pay
10) United Medical Group 5701 State Avenue, Suite 100, Kansas City, KS 66102 (913)287-7800	Pay
11) University of Kansas Medical Center 3901 Rainbow Boulevard, Kansas City, KS 66160 (913)588-1227 or (800)332-6048	Pay
12) Wyandotte County Health Department 619 Ann Avenue, Kansas City, KS 66101 (913)321-4803	Mixed – sliding scale. Limited services (e.g., pediatrics, TB testing)

As seen in Table 3, 23 rheumatologists were identified as currently offering services to residents of Wyandotte County. However, only 6 of the rheumatologists were located in Wyandotte County, Kansas. All 6 of these individuals were located at the University of Kansas Medical Center. Two of these 6 individuals specialized in pediatric rheumatology. Of the remaining 17 rheumatologists, 12 were located in Kansas City, MO and 5 were located in Overland Park, KS (i.e., Johnson County).

Table 3. List of Rheumatologists in the Wyandotte County Area

Physician Name	Office Address	Telephone
1) John E. Ervin, MD	1010 Carondelet Drive, #224A Kansas City, MO 64114	(816)943-0706
2) Mark S. Box, MD	1010 Carondelet Drive, #224A Kansas City, MO 64114	(816)943-0706
3) Stephen Ruhlman, MD	10550 Quivera Road, #320 Overland Park, KS 66215	(913)888-3231
4) Arnold Katz, MD	10550 Quivera Road, #320 Overland Park, KS 66215	(913)888-3231
5) Cameron B. Jones, MD	2900 Baltimore, #535 Kansas City, MO 64108	(816)753-5736
6) Kent Huston, MD	4330 Womall Road, #40 Kansas City, MO 64111	(816)531-0930
7) Nabih I. Abdou, MD	4330 Womall Road, #40 Kansas City, MO 64111	(816)531-0930
8) Ann Warner, MD	4330 Womall Road, #40 Kansas City, MO 64111	(816)531-0930
9) Thomas Scott, MD	4330 Womall Road, #40 Kansas City, MO 64111	(816)531-0930
10) Nancy J. Becker, MD	5701 West 119 th Street, #209 Overland Park, KS 66209	(913)661-9980
11) David Cooley, MD	5701 West 119 th Street, #209 Overland Park, KS 66209	(913)661-9980
12) Christopher Koenig, MD	5701 West 119 th Street, #209 Overland Park, KS 66209	(913)661-9980
13) Perri A. Ginder, MD	6675 Holmes, #306 Kansas City, MO 64131	(816)361-1910
14) Anne Regier, MD	6675 Holmes, #306 Kansas City, MO 64131	(816)361-1910
15) Herbert B. Lindsley, MD	University of Kansas Medical Center, 3901 Rainbow Boulevard Kansas City, KS 66160	(913)588-6008
16) Shashank Radadiya, MD	University of Kansas Medical Center, 3901 Rainbow Boulevard Kansas City, KS 66160	(913)588-6008

Table continues

Table 3. List of Rheumatologists in the Wyandotte County Area

Physician Name	Office Address	Telephone
17) Daniel J. Stechschulte, MD	University of Kansas Medical Center, 3901 Rainbow Boulevard Kansas City, KS 66160	(913)588-6008
18) Kathryn Welch, MD	University of Kansas Medical Center, 3901 Rainbow Boulevard Kansas City, KS 66160	(913)588-6008
19) *Melvin Glazer, MD	6650 Troost, #201 Kansas City, MO 64131	(816)363-7710
20) **Carol B. Lindsley, MD	University of Kansas Children's Center, 3901 Rainbow Boulevard Kansas City, KS 66160	(913)588-6325
21) **Nancy Olson, MD	University of Kansas Children's Center, 3901 Rainbow Boulevard Kansas City, KS 66160	(913)588-6325
22) **Katherine L. Madson, MD, PhD	Pediatric Rheumatology Department, Children's Mercy Hospital, 2401 Gilham Kansas City, MO 64108	(816)-234-1666
23) **Andrew Lasky, MD	Pediatric Rheumatology Department, Children's Mercy Hospital, 2401 Gilham Kansas City, MO 64108	(816)-234-1666

*General internist with a special interest in arthritis

**Pediatric rheumatologists.

Conclusion

The overall purpose of the project was to conduct a needs assessment in Wyandotte County, Kansas in order to identify physical activity sites and medical services that were available in Wyandotte County at the time of assessment. To achieve this purpose, sites that were offering an Arthritis Foundation sponsored physical activity program(s) for people with arthritis in Wyandotte County were identified. Further, physical activity sites that were hosting a physical activity program(s) for people with arthritis that was not sponsored by the Arthritis Foundation or may be a host site for future Arthritis Foundation sponsored physical activity programs in Wyandotte County were identified. As well, medical services that were offered in Wyandotte County were identified. The data obtained in this needs assessment allow for three main conclusions.

First, no Arthritis Foundation physical activity programs were currently being offered in Wyandotte County, Kansas. The lack of Arthritis Foundation physical activity programs in Wyandotte County is of particular concern since a number of these programs, such as the AFYAP and PACE, have been shown to be effective in reducing the negative health impacts of arthritis. However, due to the lack of such programs in Wyandotte County, residents are not currently provided with the option to engage in this type of effective self-management strategy.

Second, only a limited number of physical activity sites were operating in Wyandotte County at the time of assessment. Further, of the six sites that were identified in the needs assessment, five sites were located in Kansas City, Kansas and one site was located in Bonner Springs, Kansas. The low number of sites and the lack of dispersal across different geographic locales may limit future efforts to begin effective physical activity programs, such as AFYAP and PACE, in communities across Wyandotte County.

Third, although 11 pay and sliding scale medical services were offered in Wyandotte County at the time of assessment, all of the services were concentrated in Kansas City, Kansas. Further, although 23 rheumatologists were identified as practicing at the time of assessment in and around the Wyandotte County area, only 6 were actually practicing in Wyandotte County. Further, all 6 of these rheumatologists were practicing at one location (i.e., University of Kansas Medical Center). Once again, the geographic concentration of medical service and arthritis specialists in one area of Wyandotte County may pose a number of problems to people with arthritis who live elsewhere in the county. For example, a number of barriers, such as a lack of transportation and/or financial means to travel to and from the medical services site(s) and a lack of time due to work and family schedules needed for the required travel to the medical services, may prevent people with arthritis from utilizing the available medical services, including rheumatologists. Together, these problems may limit the accessibility to medical services needed to help residents of Wyandotte County better manage their arthritis.

Recommendations

Three recommendations can be made based upon the data that were collected in this needs assessment,

- 1) Efforts must be concentrated on the implementation of Arthritis Foundation sponsored physical activity programs, such as AFYAP and PACE, at existing physical activity sites in Wyandotte County. Such efforts should include instructor trainings conducted in Wyandotte County with a particular emphasis on the advertisement of trainings to owners and/or managers of the existing physical activity sites in Wyandotte County. The advertisements can contain standardized information, with the exception of the training date(s). The standardized information can provide a basic overview of the particular type of physical activity program

that the training will cover, benefits to participants, site requirements, and, just as important, benefits to the host site (e.g., increase in memberships). In general, the information should market the particular type of Arthritis Foundation sponsored physical activity program in order to convince owners and/or managers that hosting the program would be beneficial.

- 2) Due to the overall low number of physical activity sites in Wyandotte County, efforts should be made to identify other sites that could potentially host an Arthritis Foundation physical activity program. Brainstorming on the identification of sites should occur at an Arthritis Steering Committee meeting and through contacts with organizations such as the Kansas Chapter of the Arthritis Foundation, Area Agency on Aging, and the Kansas State Research and Extension Wyandotte County office. Examples of sites may be churches, community centers and organizations (e.g., El Centro), senior centers, and physical/occupational therapy clinics. Particular attention should be made to identify sites that are located in various parts of Wyandotte County as opposed to one geographic locale, such as Kansas City. Once identified, distribution of the aforementioned standardized material should occur and the use of small grants (if available) to cover the costs associated with instructor-trainings should be provided.
- 3) Due to the low number of medical services, including rheumatologists, in Wyandotte County and the concentration of medical services in only one area of Wyandotte County (i.e., Kansas City), a targeted effort should occur in order to better serve all residents of Wyandotte County who suffer from arthritis. For example, regular communication between the Arthritis Program of the Kansas Department of Health and Environment and rheumatologists should occur in order to increase the rheumatologists' awareness that a large number of people with arthritis who live in Wyandotte County may not have access to the medical services needed to

help them better manage their arthritis. Communication may lead to the awareness that a lack of access problem exists and eventually to the establishment of new medical services, including rheumatology practices, in various parts of Wyandotte County. Alternatively, increased awareness might lead to the provision of tangible aid, such as free transportation, by existing medical services in Wyandotte County. However, in the short-term, a focus should be on increasing awareness as a way to facilitate these longer-term potential outcomes.

Appendix A

Physical Activity Questions

1) Does your facility currently offer any type of physical activity program specifically for people with arthritis? Answer: YES NO

If YES, go to question 2.

If NO, go to the closing statement.

2) What type of physical activity program is it?

3) How many times each week is the program offered?

4) How long is each session?

5a) Is the program offered throughout the year on an ongoing basis? YES NO

5b) If NO → Will the program be offered again in the future? YES NO

Closing statement: Thank you very much for your time.